

拔罐疗法

Cupping therapy



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一、拔罐起源

拔罐疗法是我国古代劳动人民在同疾病做斗争的过程中发明的一种治疗方法，是祖国医学中非药物民间疗法的一个重要的组成部分。

它以罐为工具，利用燃烧、抽吸等方法排除罐内空气，形成负压，使罐吸附于人体施治部位，从而达到防病治病，强健身体的目的。

拔罐疗法又叫瘀血疗法，古代有以兽角或者竹筒为工具的，故又称之为“角法”、“吸筒法”。据初步考察，大约在公元前三世纪医学上就有拔罐的疗法。最早的文字记载见于湖南马王堆汉墓出土的《五十二病方》中，即已有以兽角治疗痔疾的记载。西晋医学家葛洪《肘后背急方》中提到过“角法”，并对其禁忌症有了比较成熟的见解，比单纯“角法”有了提高和发展。

至唐代，又有竹罐治疗疾病的记载。王寿在《外台秘要》中进一步阐述了拔罐疗法的应用。唐代的“太医署”将学生分科，专门将“角法”单列为一科，学制三年，从理论、操作和临床等方面形成比较完整的方术。

宋代医家亦以竹筒为工具，而将拔罐的适应症扩大到内科疾病。如《苏沈良方》中记载用火筒法治疗久咳。明代医家申斗垣《外科启玄》中的“吸法”、“煮竹筒法”将中药煮竹筒用于临床，把辩证用药与拔罐疗法结合在一起，提高了疗效。

清代，拔罐疗法得以丰富和推广，所治病症也从单一的外科发展到内科。清代医家吴谦在《医宗金鉴*外科心法诀要》中记载了拔罐配合中医、针刺治疗的方法。清代医药学家赵学敏曾应用拔罐疗法治疗风寒头痛及眩晕、风痹、腹痛等症。吴尚文在《理瀹骈文》也记载了风邪头痛、破伤风等内科疾病的治疗方法。

新中国成立后，国家特别重视传统医学的传承和发展，使拔罐疗法得到不断改进，临床应用也从单一的外科（吸毒拔脓），发展到内、外、妇、儿、骨伤、皮肤、五官科等学科。在学术上拔罐疗法已被载入很多专著，确立了其学术地位，深受国内外患者青睐。

拔罐疗法在日本被称为“真空尽血法”，法国称为“杯术”，前苏联称为“瘀血疗法”，非洲大陆至今沿用“角法”。

拔罐疗法经过数千年发展、完善与提高，已被越来越多的人所接受。由于拔罐疗法有应用范围广、疗效好、价格低廉、易于操作和安全无副作用等特点，被称为是二十一世纪的新型“自然疗法”，深受广大国内外消费者厚爱。

I. The origin of cupping

Cupping therapy is one kind of treatment method developed by our ancient workers in the process of struggle against diseases, and is an important component in the non-drug therapies of traditional Chinese medicine.

It uses a cup as its tool, and expels the air in the cup by burning, suction and other methods, to form a negative pressure, anchoring the cup over the treated site of the body to achieve the goal of preventing and treating diseases, and strengthening body.

Cupping therapy was also called congection therapy. In ancient times, animal horns or bamboo barrels were also used as tools, and so it was also called “horn method” or “suction barrel method”. After preliminary survey, there was already cupping therapy in medicine in about 3 centuries B.C. The earliest literary

record was the treatment of hemorrhoids by animal horns as seen in Prescriptions for 52 Diseases unearthed in Hunan from Mawangdui Tomb of Han Dynasty. The physician in West Jin Dynasty, Ge Hong in his A Handbook of Prescriptions for Emergencies had mentioned “horn method”, and had a comparatively mature understanding on its contra-indications, an improvement and progress of simple “horn method”.

Down to Tang Dynasty, there were also records about bamboo barrel treatment for diseases. Wang Shou in his The Medical Secrets of an Official further expounded the applications of cupping therapy. The “Royal Physician Service” of Tang Dynasty, classified the students into various departments, and the “horn method” was specifically classed as a department, its school system was three years, thus becoming a comparatively complete technology from theory, operations, clinics and other aspects.

The physicians in Song Dynasty also used bamboo barrels as tools, and expanded the indications to the internal diseases. For example, in Su Shen’s Good Prescriptions was recorded the treatment of protracted cough by fire barrel method. The medical expert in Ming Dynasty, Sheng Douyuan, in his Revelation of the Mystery of Surgery used “suction method”, “cooking bamboo method” by cooking traditional Chinese drugs with bamboo barrels in clinics, bringing the use of drugs after differential diagnosis and cupping therapy together, thereby increasing efficacy.

In Qing Dynasty, cupping method was enriched and popularized. The diseases treated were expanded from department of surgery to the department of internal diseases. The medical expert of Qing Dynasty, Wu Qian, in his The Golden Mirror of Medicine* Essentials of Surgical Techniques recorded the methods of combining cupping with TCM, and acupuncture. The medicinal expert of Qing Dynasty, Zhao Xue-min, had applied cupping therapy to treat the diseases as headache and dizziness due to wind-coldness, arthralgia due to wind-evil, abdominal pain, and others. In Antithesis on Explaining Reasons of Wu Shang-wen was also recorded the treatment methods for headache due to wind-evil, tetanus and other internal diseases.

After the establishment of People’s Republic of China, since the state pays special attention to inheritance and development of traditional medicine, the cupping method has been continuously improved, and its clinical applications have been expanded from single department of surgery to departments of internal diseases, surgery, gynecology, pediatrics, orthopedics, dermatology, eye, ear, nose and throat, and others. The “cupping method” has been recorded in many special monograph, and thus has established their academic position and is favored by domestic and foreign patients.

Cupping has been called “vacuum drawing blood method” in Japan, “cup method” in France, “congection method” in former USSR, and “horn method” is still used in African mainland.

Cupping therapy, after thousands years of development, perfection and improvement, has been accepted by more and more people. Since the field of application of cupping therapy is wide, its efficacy is good, its cost is low, and its characteristics of easy operation and safety without side effects, it is called a new "natural therapy in 21st century", and deeply loved by wide domestic and foreign users.

二、拔罐原理

(一)疏通经络，行气活血

人体的经络内属于脏腑，外络于肢体，纵横交错，遍布全身，将人体内外、脏腑、肢节联络成为一个有机的整体，具有运行气血，沟通机体表里、上下和调节脏腑组织活动的作用。若经络气血功能失调，就会产生各种病变。拔罐疗法通过对经络腧穴的负压吸引作用，在脏腑经络气血凝滞或经脉空虚时，可起到疏通经络，行气活血的作用，鼓动经脉气血，濡养脏腑组织器官，温煦皮毛；同时使衰弱的脏腑机能得到振奋，提高其功能。

正气加强驱除病邪之力，从而使经络气血恢复正常，疾病得以祛除。临床常用的循经拔罐法、走罐法及刺络拔罐法等。均有明显的上述功能。

拔罐治病即是根据中医的阴阳五行学说、脏腑经络学说，而形成的一套独立的治疗手段。通过罐体边缘的按压及负压的吸吮，刮熨皮肤，牵拉、挤压浅层肌肉，刺激经络、穴位，循经传感，由此及彼，由表及里，以达到通其经脉，调整气血，平衡阴阳，祛病健身的目的。

(二)双向调节，异病同治

拔罐疗法具有双向的调节作用和独特的功效，在取穴、操作等不变的情况下，可以治疗多种疾病。如：大椎穴刺血拔罐法，既可治疗风寒感冒，又可治疗风热感冒，还可用于内伤发热；既可治疗高血压、头痛等内科疾病，又可用来治疗顽固性荨麻疹、痤疮等皮肤科疾病。

许多临床研究都证明，拔罐具有双向的调节作用，如使高血压降低，使低血压升高；使过高的白细胞数降低，使过低的白细胞数增加；当心动过速时使心率减慢，当心动过缓时使心率加快等等。而且拔罐的双向调节作用与疾病的好转是一致的。

总之，拔罐疗法可根据中医基础理论、经络腧穴学说以及中药理论等辩证施治，配合应用，从而达到疏通经络，行气活血，散瘀止痛，调和阴阳，清热解毒，祛除寒湿等目的。

II. The principles of cupping

(I)Dredging the channels and collaterals, and activating vital energy and blood circulation

The channels and collaterals of the body are internally belonging to the organs and viscera, and externally connected to the extremities, inter-crossed longitudinally and horizontally, and spread over the entire body to integrate the interior and exterior, the organs and viscera, and extremities into an organic unit, and thus they have the actions of activating vital energy and blood, linking up superficial and deep, upper and lower, and regulating the activities of tissues in organs and viscera. If the functions of channels and collaterals were disturbed, various diseases may occur. Cupping therapy could dredge the channels and collaterals and activate the vital energy and blood by the suction action with negative pressure when there are

stagnation of vital energy and blood in them or organs and viscera, or there are deficiencies in channels and collaterals, and activate the vital energy and blood in channels and collaterals and moisten the tissues of organs and viscera so as to warm up the skin and hairs, and at the same time invigorate the weakened functions of the organs and viscera and improve them.

The healthy energy will strengthen the action of eliminating evils, thereby restoring the energy and blood in channels and collaterals to normal, and then the disease is cured. In clinical practice, cupping along the channels, walk cupping and pricking blood cupping or others are often used, and all have marked efficacy described above.

To cure diseases with cupping therapy is a therapeutic approach based on the theory of yin and yang and five elements in TCM, and the theory of organs and viscera and channels and collaterals. By pressing the margins of cup and suction by negative pressure, scraping and ironing the skin, pulling and pressing the superficial muscles and stimulating the channels and collaterals, acupoints, the transmission of sensations along channels, from here to there, from the superficial to the deep, to achieve the goal of free passage in the channels and collaterals, regulation of vital energy and blood, and balance of yin and yang, thereby eliminating diseases and strengthening body.

(II). Bi-directional regulation, and treating different diseases with same therapy

Cupping therapy has bi-directional regulating actions and unique efficacy. It may cure many kinds of diseases without altering acupoints taken and operations. For example, pricking blood and cupping over the acupoint dazhui may cure both common cold due to wind-coldness and common cold due to wind-heat, and may also be used in the febrile diseases due to internal lesions; it may also be used to treat many internal diseases such as hypertension and headache, and also used to treat dermatological diseases such as refractory urticaria, acne and others.

Many clinical studies have demonstrated that cupping therapy has bi-directional regulating actions. For example it may elevate blood pressure or lower the blood pressure; lower the too high white blood cell count or increase too low white blood cell count; lower the rhythm of the heart when tachycardia is concerned or speed up the rhythm of the heart when bradycardia is concerned, and so on. Yet, the bi-directional regulation is consistent with improvement of diseases.

After all, cupping therapy may be used after differential diagnosis according to the basic TCM theories, the theory of channels and collaterals and acupoints, as well as the theory of traditional Chinese medicines; and the application of various combinations may dredge the channels and collaterals, activate energy and blood, resolve congestion and relieve pains, regulate yin and yang, clear away heat-evil and remove toxicant, eliminate coldness and wetness evils, and others.

三、康祝拔罐与传统火罐的比较

康祝拔罐器在传统火罐的基础上进行创造性改进，改进后的产品，取其精华，弃其糟粕，与火罐相比较，拔罐器的优点极为显著，对比如下：

传统火罐：

- 一般多为玻璃或陶瓷罐，易破碎，不便于携带；
- 拔罐时易烧伤、灼伤；
- 负压的大小不能自己控制；
- 一人无法操作腰、背部；
- 特殊部位吸拔不住；
- 选拔部位较难掌握；
- 操作方法较单一；
- 起罐时有疼痛感。

III. Comparison between Kangzhu and traditional cupping sets

Kangzhu cupping set is an innovated and improved product on the basis of the traditional cupping device by absorbing its advantages and discarding its disadvantages. As compared with the traditional cupping set, it has many marked advantages as follows:

Traditional cupping set:

- Generally made of glass or ceramics, easily broken and not convenient to carry;
- Having burn easily during cupping;
- The strength of negative pressure cannot be self-controlled;
- The lumbar and back regions cannot be operated by one person; Cannot be sucked on specific sites; The cupping sites chosen cannot be easily grasped;
- The operation method is single;
- And Painful sensation during withdrawing the cup.

四、拔罐小知识

问：如何鉴别“康祝拔罐器”的真伪？

答：由北京康达五洲医疗器械中心生产的“康祝拔罐器”，其外包装盒上均有防伪标志，顾客可通过电话语音查询其真伪。未开通800防伪热线地区的顾客，可拨打生产厂家咨询热线（见包装盒）委托查询。

问：拔罐时出现水泡怎么处理？

答：拔罐时，罐印出现水珠或皮肤出现水泡、出血点、瘀血等现象均属正常反应；出现水泡，说明体内湿气重；如果水泡内有血水，这是热湿毒的反应。水泡小者，只须小心防止擦破，可待其自然吸收；水泡较大时，常提示病情较重，可用消毒针在水泡根部将其刺破放水，敷以消毒纱布以防感染。若无消毒用品时切忌自行处理，应到医院或诊所处理。

问：拔罐时漏气是怎么回事？

答：拔罐时漏气或拔不上的原因主要有：使用时间过长，胶堵老化或胶

堵上吸附脏物；皮肤干燥；毛发过多、过长；使用真空枪的方法不正确；真空枪的抽气不足等。

问：“穴位图解”中提到的“阿是穴”在人体的哪个部位？

答：中国传统医术中所说的“阿是穴”，不是指人体的某一个具体穴位，而是某种疾病在身体上所反映的痛点。比如，肩周炎的“痛点”也许不在肩井穴或肩贞穴，却在天宗穴的附近，那么此时天宗穴附近的“痛点”就是“阿是穴”。

IV. Some tips on cupping

Q: How to differentiate real and fake “Kangzhu cupping set” ?

A:All “Kingship cupping set” produced by Beijing Kangda World Medical Appliance Center, have false proof marker on their external package box. The customers may inquire whether it is genuine or fake by telephone. The customers living in the district where 800 false proof hotline is not open may dial the hotline of the manufacturers (see the package box) and entrust them to inquire.

Q:How to treat vesicles appeared during cupping?

A: The appearance of water droplets on the cupping print or appearance of blisters, petechiae or extravasation of blood in the skin are all normal reactions. The appearance of vesicle means the wetness is heavy in the body; if the vesicle contains bloody water, it is the reaction of heat wetness-evil. For the small vesicle, just carefully prevent any abrasion, and wait for its spontaneous absorption. When the vesicle is bigger, it often denotes the illness is more severe. Use a sterile needle to prick at the root of the vesicle, rupture it, and let the fluid passing out, and then apply an antiseptic gauze to prevent infection. If there is no sterile gauze available, then prohibit any self-treatment, and send to hospital or clinics for treatment.

Q: What is the matter of air leakage during cupping?

A: The causes of leakage of air or not sucking on during cupping are mainly: the time of use is too long, the aging of rubber stopper or dirty substances adsorbed on the rubber stopper; dryness of skin; hairs too much or too long; incorrect use of vacuum gun; insufficient air exhaust in vacuum gun, and others.

Q: Where is the “ashi acupoint” mentioned in “Diagram illustration of acupoints” ?

A: The “ashi acupoint” in traditional Chinese medicine does not denote any particular acupoint of the human body, but is the painful site reflected on the body from some disease. For example, the “painful point” of peri-arthritis perhaps is not at jianjing acupoint or jianshen acupoint, but at the vicinity of tianzong acupoint. Then the “painful point” in the vicinity of tianzong acupoint is the “ashi acupoint” .

24罐疗法

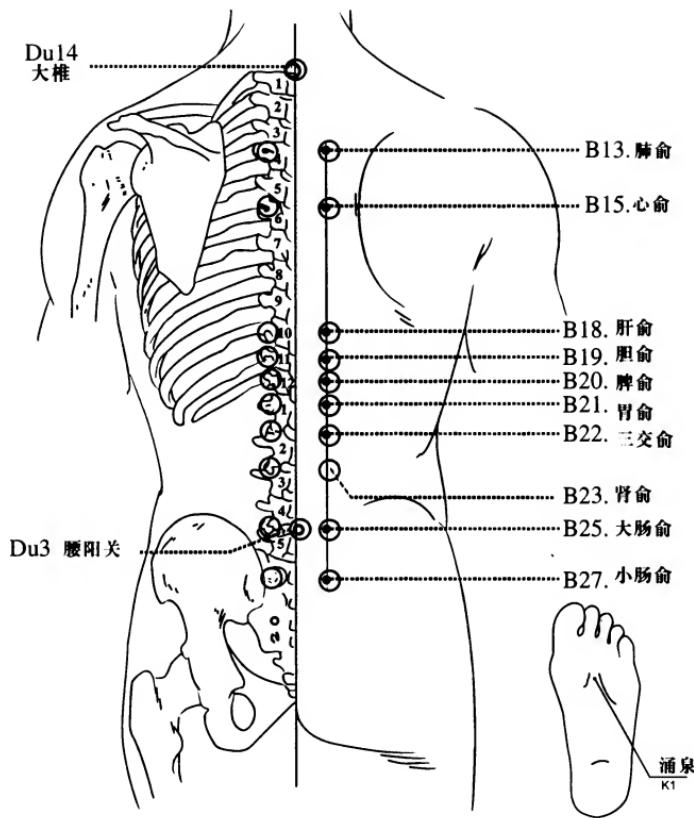
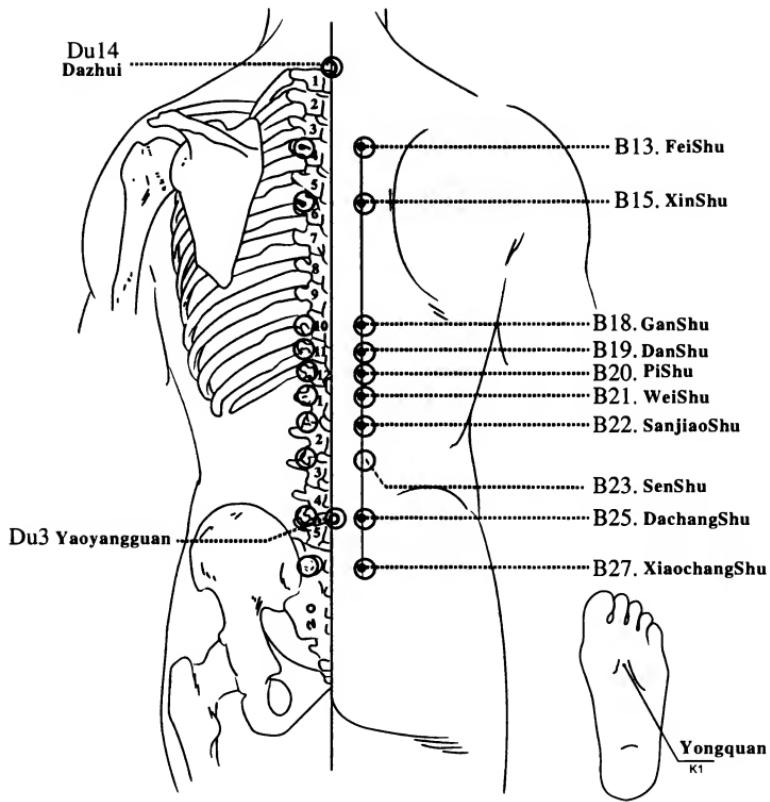


Diagram of 24 cupping Therapy points



五、病症取穴参考图解

第一章 内科疾病

感 胃

1. 外感风寒型

症状：鼻塞声重，喷嚏，鼻流清涕，喉痒咳嗽，口不渴，甚则恶寒发热，肢体酸痛。

取穴：风池、风门、外关。

2. 外感风热型

症状：发热、微恶、风寒、头痛、鼻塞、流浊涕，口干而渴，咽喉红肿疼痛，咳嗽痰黄。

取穴：大椎、风池、尺泽。

3. 感冒挟暑型

症状：夏季感冒身热较甚，有汗而不解心烦口渴、小便黄少，头胀头痛，胸脘满闷，不欲饮食，口淡发粘。

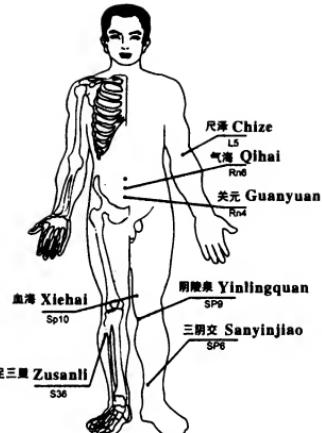
取穴：大椎、曲池、委中、阴陵泉、足三里。

4. 体虚型

症状：气虚者可见语声低怯、气短、倦怠；阳虚者可面色黄白，语言低微，四肢不温；血虚者，见面色少华，心悸头晕。

取穴：

- ①气虚者，加气海、足三里。
- ②阳虚者，加关元、命门。
- ③血虚者，加血海、三阴交。

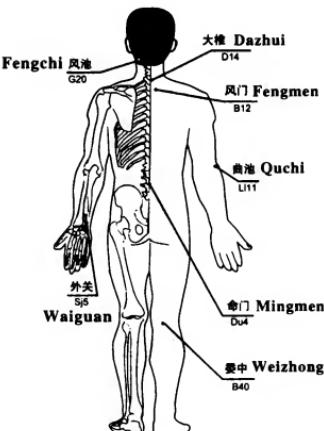


V. Diagram illustrations referred in taking Acupoints for various diseases Chapter 1. Internal diseases

Common cold

1. External wind-cold type:

Symptoms: Nasal stuffiness and heavy voice, sneezing, nasal discharge, itchiness in throat and cough, no thirsty, chilliness and fever in severe cases, soreness of extremities.



Points to be taken: **fengchi(GB20),fengmen(BL12),waiguan(PE5).**

2.External wind-heat type:

Symptoms: Fever, slight chilliness, wind-coldness, headache, nasal stuffiness, turbid nasal discharge, mouth dry and thirsty, red, swollen and painful throat, cough with yellow sputum.

Points to be taken: **dazhui (GV14) ,fengchi (GB20) ,chize (LU5) .**

3.Common cold with summer-heat type

Symptoms: Common cold in summer season has more fever, which is not resolved with sweating. The patient has a feeling of oppression over the chest and is thirsty. The urine is scanty and yellow. The patient has a feeling of distension in the head and headache, fullness and tightness in the chest and abdomen. He has no appetite and the taste is flat and somewhat sticky.

Points to be taken:

Dazhui (GV14) ,quchi(LI11),weizhong(BL40), yinlingquan(SP9), zusanli (ST36) .

4.Body-asthenia type

Symptoms: In deficiency of vital energy, the voice is low and timid, shortness of breath and fatigue. For yang-deficiency, the complexion is pale, the sound is low, and the extremities are not warm. For blood deficiency, the complexion appears less bright, and the patient complains palpitation and dizziness.

Points to be taken:

(1)In vital energy deficiency, add **qihai (CV6) , zusanli (ST36) .**

(2)In yang deficiency,add **guanyuan(CV4),mingmen(GV4)**

(3)In blood deficiency,add **xiehai (SP10),sanyinjiao(SP6).**

慢性支气管炎

1、痰湿犯肺型

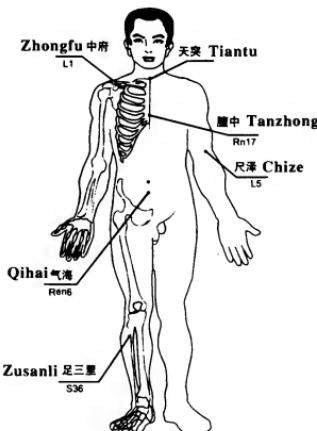
症状: 咳嗽痰多, 痰白而稀, 咳声重浊, 胸部满闷, 喘促短气, 食欲不振。

取穴: ①肺俞、中府; ②脾俞、膻中、定喘。

2、脾肾阳虚型

症状: 咳嗽气喘, 动则加剧, 痰液清稀每至寒冷季节加重, 多伴四肢不温, 身热头痛。

取穴: 大椎、肺俞, 尺泽、定喘。



Chronic bronchitis

1. Phlegm-wetness invading lung type

Symptoms: Cough with profuse sputum, sputum white and thin, cough sound heavy and dull, fullness and tightening in chest, gasping and shortness of breath, loss of appetite.

Points to be taken:

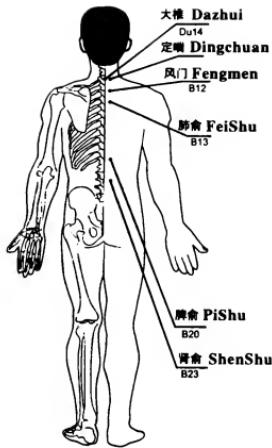
- 1)feishu(BL13),zhongfu(LU1);
- 2)pishu(BL20),tanzhong(CV17), dingchuan(Extra)

2.Yang-deficiency of both spleen and kidney type

Symptoms: Cough and gasp, aggravated on exercise, clear and thin sputum which is aggravated in the cold seasons, the extremities are often not warm, body hot and headache.

Points to be taken:

Dazhui (GV14) , feishu (BL13) ,chize (LU5) , Dingchuan (Extra) .



支气管哮喘

1. 寒饮伏肺型

症状: 胸膈满闷, 呼吸急促, 喉中痰鸣, 痰白而粘或稀薄多沫, 常因感触发, 或兼恶风发热。

取穴: 风门、肺俞、大椎、膻中、定喘。

2. 痰热遏肺型

症状: 喘急胸闷, 喉中哮鸣, 声高气粗, 咳咳阵作, 痰黄稠粘, 咳吐不利, 口渴。

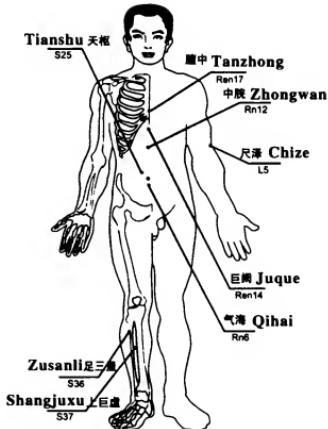
取穴: 肺俞、膻中、尺泽、定喘。

3. 脾肺气虚型

症状: 咳喘气短, 动则加剧, 咳声低怯, 痰多清稀, 神疲乏力, 食欲减退, 大便稀薄。

取穴:

①肺俞、脾俞、足三里、定喘。②膈俞、膻中、定喘。



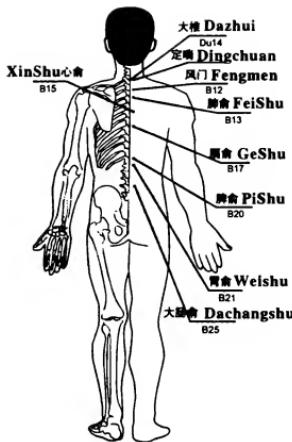
Bronchial asthma

1. Cold retained in lung type

Symptoms: Fullness and tightness in the chest and diaphragm, respiration rapid and short, sputum sounds in the throat, sputum white and thick or thin and foamy, often triggered by feeling or accompanied by chilliness and fever.

Points to be taken:

fengmen (BL12), feishu (BL13), dazhui (GV14), tanzhong, (CV17), dingchuan (Extra)



2. Phlegm-heat oppressing lung type

Symptoms: Rapid gasping and tightness of chest, wheezing sound in the throat, the voice is high and husky, irritating cough in paroxysms, sputum yellow and sticky, and unable to be expectorated, mouth thirsty.

Points to be taken:

Feishu (BL13), tanzhong (CV17), chize (LU5), Dingchuan (Extra).

3. Vital energy deficiency of spleen and lung type

Symptoms: Asthmatic cough and shortness of breath, aggravated by any activities, cough sound low and timid, sputum mostly thin and clear, mentally and physically tired, loss of appetite, and loose and thin stool.

Points to be taken:

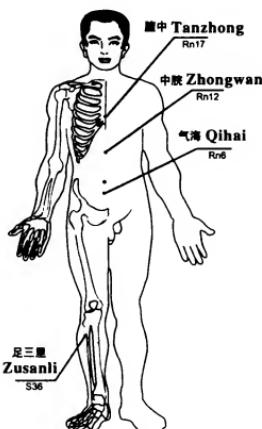
- 1) feishu(BL13),pishu(BL20),zusanli(ST36),
Dingchuan(Extra),
- 2) geshu(BL17),tanzhong(CV17),dingchuan(Extra).

膈肌痉挛

1. 胃火上逆行

症状：呃逆声洪亮、口臭、烦渴、喜冷饮、小便黄赤，大便干结。

取穴：膈俞、中脘、膻中。



2. 肝气犯胃型

症状：呃逆连声，胸肋胀闷，多由抑郁愤怒而引起发作。

取穴：肺俞、膈俞、中脘。

3. 脾胃阳虚型

症状：呃逆声音低沉无力，气不得续，面色苍白，手足不温，食欲减退，倦怠乏力。 取穴：中脘、气海、膻中、膈俞。

神经性呕吐

症状：食后突然呕吐，吐物量少，伴暖气、胸肋胀痛，喜叹气，兼见头昏气悸，失眠多梦。取穴：肝俞、脾俞、胃俞、足三里。

Hiccup (diaphragmatic spasm)

1. Rising-up of stomach–fire type

Symptoms: Loud hiccup sound, fetid mouth, thirst, preferring cold drinks, and urine yellowish red, stool dry and hard.

Points to be taken:

geshu (BL17), zhongwan (CV12), tanzhon (CV17)

2. Hyperactive liver–energy attacking stomach type

Symptoms: Successive hiccups, fullness and tightness of chest and hypochondria, mostly caused by depression and anger.

Points to be taken:

feishu (BL13), geshu (BL17), zhongwan (CV12).

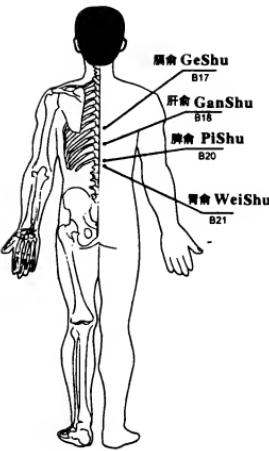
3. Yang–deficiency of both spleen and stomach type

Symptoms: Hiccup sounds low, dull and weak, the breath is broken, complexion pale, extremities not warm, loss of appetite, fatigue and tired.

Points to be taken:

Zhongwan (CV12), qihai (CV6), tanzhon (CV17),

Geshu (BL17).



Nervous vomiting

Symptoms: Sudden attack of vomiting after food, the vomitus is scanty, accompanied by belching, fullness and pain in chest, preferring sighing, also dizziness, palpitation, insomnia and dreams.

Points to be taken: ganshu (BL18), pishu (BL20), weishu (BL21), Zusanli (ST36).

慢性胃炎

1. 脾胃虚寒型

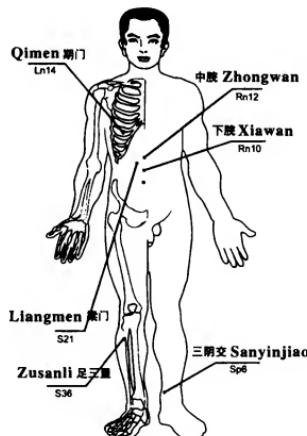
症状：胃痛隐隐，喜温喜按，饥饿痛甚得食则缓，食欲减退，或泛吐清水，神疲乏力，手足不温，大便稀薄。

取穴：脾俞、中脘、大椎。

2. 肝气犯胃型

症状：胃脘部饱闷不适，或胀满疼痛，进食加重，痛无定处，遇情志不畅，烦恼郁怒则明显加重，常伴嗳气频繁。

取穴：中脘、肝俞、期门。



Chronic gastritis

1. Spleen and stomach deficiency and coldness type

Symptoms: Vague gastric pain, preferring warmth and pressing, aggravated when hungry and alleviated with food, loss of appetite, or regurgitation of clear water, mentally and physically tired, extremities not warm, and loose and thin stool.

Points to be taken:

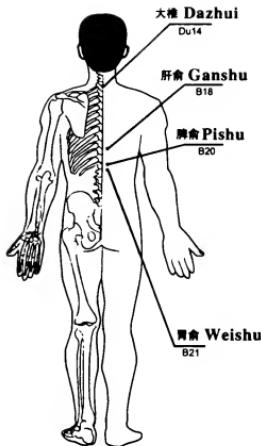
pishu (BL20), zhongwan (CV12), dazhui (GV14)

2. Hyperactive liver energy attacking stomach type

Symptoms: Fullness and discomfort or distension and pain over the epigastria, aggravated with food, the painful area is not fixed, markedly aggravated with unhappy mood, worried and angry, and often accompanied with frequent eructation.

Points to be taken:

zhongwan (CV12), ganshu (BL18), qimen (Extra)



神经衰弱

1. 心肾不交型

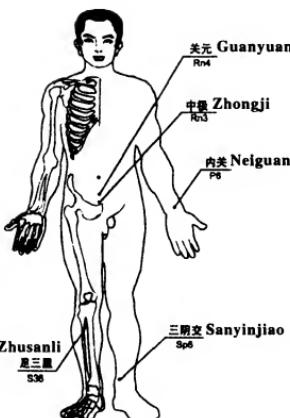
症状: 烦躁失眠或稍寐即醒, 手足心热, 口干少津, 头晕耳鸣, 健忘, 腰膝酸软或有遗精。

取穴: 心俞、肾俞、三阴交、内关。

2. 心脾两虚型

症状: 失眠、多梦易醒, 醒后难入睡, 心悸健忘, 饮食无味, 腹胀, 大便稀薄, 倦怠乏力。

取穴: 心俞、脾俞、三阴交、足三里。



3. 肝郁化火型

症状: 失眠、多梦易惊、性情急躁易怒, 头昏脑胀, 好叹气, 小便赤黄, 大便秘结。

取穴: 风池, 肝俞、心俞。

性神经衰弱

1. 表虚火旺型

症状：遗精、早泄、夜寐不安，头晕
心悸，体倦无力，精神不振或
伴有小便短黄。

取穴：

- ①心俞、肾俞、身柱。
- ②中极、神道。

2. 心脾两虚型

症状：阳萎，精神不振，失眠头晕，食欲减退，面色无华。

取穴：心俞、脾俞、命门、关元。

Neurasthenia

1. Disharmony of heart and kidney

Symptoms: irritability, insomnia or easily wake up
difficult to fall into sleep, feverish sensation in
hands and feet, dry mouth, dizziness, tinnitus,
forgetfulness, soreness and weakness of lumbus
and knee joints, sometimes with seminal emission.

Points to be taken:

Xinshu (B 15), Shenshu (B 23), Sanyinjiao (Sp 6),
Neiguan (P 6).

2. Deficiency of heart and spleen.

Symptoms: insomnia, dream-disturbed sleep easily
wake up, difficult to fall into sleep, palpitation,
forgetfulness, loss of appetite, abdominal
distention, loose stools, lassitude.

Points to be taken: Xinshu (B 15), Pishu (B 20), Sanyinjiao (Sp 6) Zusanli (S 36).

3. Stagnation of liver qi transforming into fire

Symptoms: Insomnia, dream-disturbed sleeps easily wake up, hot-tempered,
dizziness, sighing, yellow urine, and constipation.

Points to be taken: Fengchi (G 20), Ganshu (B 18), Xinshu (B 15).

Sexual Neurasthenia

1. Hyperactivity of fire due to yin deficiency

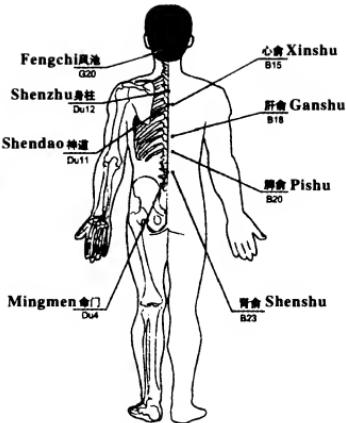
Symptoms: seminal emission, ejaculation praecox, poor
sleep, dizziness, palpitation, general weakness, listlessness, or accompanied with
scanty yellow urine.

Points to be taken: ①Xingshu(B15),Shenshu(B23),Shenzhu (Du 12),
②Zhongji(Rn3), shendao(Du11).

2. Deficiency of the heart and spleen

Symptoms: impotence, listlessness, insomnia, dizziness, poor appetite, lusterless
complexion.

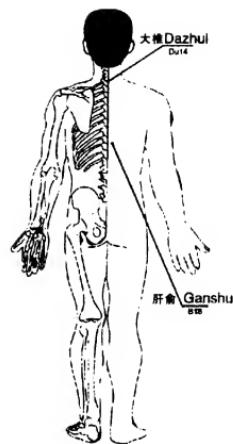
Points to be taken: Xinshu(B15),Pishu(B20),Mingmen(Du4),Guanyuan(Rn4).



偏头痛

症状：头部胀痛或跳痛或伴眩晕，恶心呕吐常因情绪紧张，睡眠欠佳，时而诱发心烦易怒，睡眠不安，口苦。

取穴：风池、肝俞、太阳。



面神经麻痹

症状：多在受风寒后次日清晨发生，或在面部感觉异常，口角流涎。

取穴：风池、大椎、地仓、颊车。

三叉神经痛

症状：三叉神经发作剧痛，且伴有面肌抽搐，面部潮红、流泪流涎等症状。

取穴：太阳、地仓、攒竹、颊车。

Migraine

Symptoms: distending or throbbing pain; or accompanied with dizziness nausea and vomiting often induced by mental strain and poor sleep, irritability, short temper, unsound sleep, bitter taste.

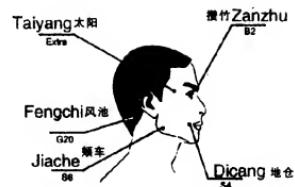
Points to be taken:

Fengchi (G20), Ganshu (B18), Taiyang (Ex-Hn5).

Facial Paralysis

Symptoms: it often occurring in the following morning after exposure to wind cold, or facial paresthesia, salivation.

Points to be taken: Fengchi (G20), Dazhui (Du14), Dicang (S4), Jiache (S6).



Trigeminal Neuralgia

Symptoms: attack of violent pain of trigeminal nerve, accompanied with facial tic, flushed face, lacrimation, salivation,etc.

Points to be taken: Taiyang (Ex-Hn5), Dicang (S4), Zanzhu (B2), Jiache (S6).

阳萎

1. 命门火衰型

症状：阳事不举，临房早泄，头晕耳鸣，腰膝酸软，形寒肢冷。

取穴：关元、中极、三阴交、大赫。

2. 心脾两亏型

症状：阳事不举，纳呆腹胀，心悸，失眠，神疲便溏。

取穴：

- ①大椎，心俞（左）、肝俞；
- ②身柱，心俞（右）肾俞；
- ③神道、命门、关元；
- ④灵台、脾俞、中极。

每次取一种可交替进行。

3. 惊恐伤肾型

症状：阳事不举，胆怯多疑，心悸易心惊，夜寐不宁。

取穴：肾俞、志室、关元、膀胱俞、命门、三阴交、足三里。

4. 湿热下注型

症状：阴茎萎软，阴囊湿痒，阴部酸胀不适。

取穴：大赫、中极、关元、肾俞、三阴交。

Erectile Dysfunction (Impotence)

1. Decline of fire from the gate of life type

Symptoms: The penis cannot be erected, and premature ejaculation during intercourse. The patient feels dizzy and ringing of ears, soreness and weakness in the loin and knees, and cold extremities.

Points to be taken:

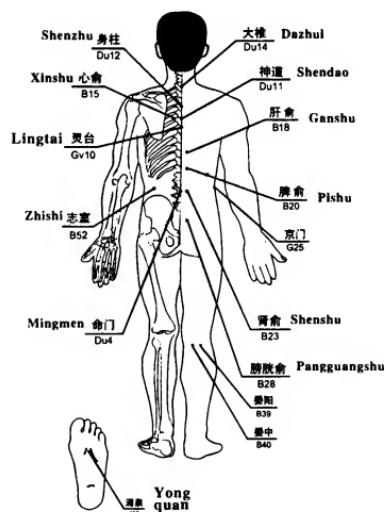
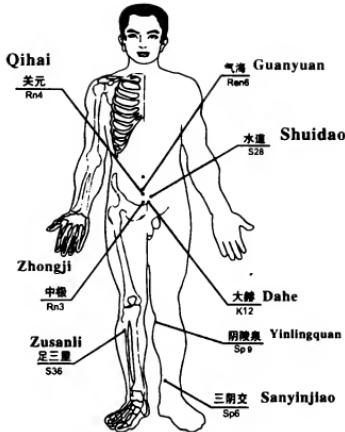
guanyuan (CV4), zhongji (CV3), sanyinjiao (SP6), dahe (KI12).

2. Insufficiency of heart and spleen type

Symptoms: The penis cannot be erected. The appetite is impaired and abdomen distended. There is palpitation, insomnia, mental tiredness, and loose stool.

Points to be taken:

1)dazhui (GV14), xinshu (BL15) (left),



Ganshu (BL18);

2)shengzhu(GV12),xinshu(BL15)(right), Shenshu(BL23);

3)shendao(GV11),mingmen(GV4), Guanyuan(CV4);

4)Lingtai(GV10),pishu(BL20),zhongji(CV3); One group at each time and alternately.

3. Kidney functions hurt by fear type

Symptoms: The penis cannot erect. The patient is timid, suspicious, easily frightened with palpitation, dreamful and restless.

Points to be taken:

Shenshu (BL23) ,zhishi (BL52) ,guanyuan (CV4) ,

Pangguangshu (BL28) ,mingmen (GV4) ,

sanyinjiao (SP6) ,zusanli (ST36) .

4. Wetness-heat filled in the lower type

Symptoms: Flaccid and soft penis, wetness and itchiness over the scrotum, soreness, fullness and discomfort in the pudendum.

Points to be taken:

Dahe (KI12) ,zhongji (CV3) ,guanyuan (CV4) ,

Shenshu (BL23) ,sanyinjiao (SP6)

第二章 外科病症

颈椎病

1. 气滞血瘀型

症状: 颈项、肩臂疼痛，甚则放射至前臂，手指麻木，劳累后加重，颈部僵直，活动不利，肩胛上下窝及肩头有压痛。

取穴:

①大椎、肩井、肩外俞；

②百劳、天宗、膈俞、阿是穴。

2. 肝肾畏亏型

症状: 四肢麻木无力，伴头晕目眩，耳鸣耳聋，腰膝酸软。

取穴:

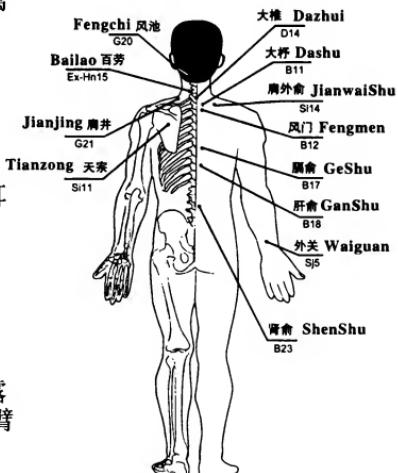
①大椎、肝俞、肾俞；

②风池、肩外俞、大杼、阿是穴。

3. 风寒外袭型

症状: 颈强脊痛，肩臂酸楚，因夜寐露肩或久卧湿地而加重，或有手臂麻木发冷。

取穴: 大椎、风门、风池、肩井、外关、阿是穴。



Chapter 2. Surgical Diseases

Diseases of cervical spine

Cervical vertebra sickness

1. Stagnation of vital energy and blood type

Symptoms: Pains in the neck, shoulder and arms, sometimes radiating to the forearms, paresthesia in the fingers, and aggravated after exercise, neck stiff and not move easily, tenderness over supra- and sub-scapular fossa.

Points to be taken:

- 1)Dazhui (GV14) , jianjing (GB21) , jianwaishu (SI14) ;
- 2) Bailao (Extra),tianzong (SI11) , Geshu (BL17) , ashi point.

2. Impairment of liver and kidney type

Symptoms: Paresthesia and weakness of limbs, accompanied with dizziness and giddiness, tinnitus and deafness, and soreness and weakness of the loin and knees.

Points to be taken:

- 1)dazhui(GV14),ganshu(BL18),shenshu(BL23);
- 2)fengchi(GB20),jianwaishu(SI14),dazhu(BL11), ashi point.

3.Invasion of wind-coldness from exterior Type

Symptoms: Stiffness of neck with pain in spine, soreness over shoulder and arms, aggravated when the shoulder is exposed during sleep or lying in the wet land, and paresthesia and coldness in arms and hands.

Points to be taken: dazhui (GV14),fengmen (BL12),fengchi (GB20) , Jianjing (GB21) ,Waiguan (TE5) ,ashi point.

肩周炎

1. 风寒袭络型

症状: 肩部漫痛，昼轻夜重，举臂及后转时疼痛加剧，活动受限，局部畏寒，得温痛减，舌脉如常。

取穴：肩髃、肩井、曲池、外关。

2. 经筋失养型

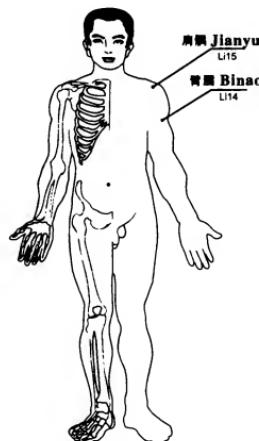
症状: 肩痛日久，肩部肌肉萎缩，举臂不及头，后旋不及背，酸痛乏力，局部畏寒，得温痛减。

取穴：

- ①肩髃、天宗、大杼、曲池。
- ②肩井、肩贞、外关、臂臑。

蚊虫叮咬

取穴：按咬伤口面积大小选罐，将伤口全部吸拔即可。



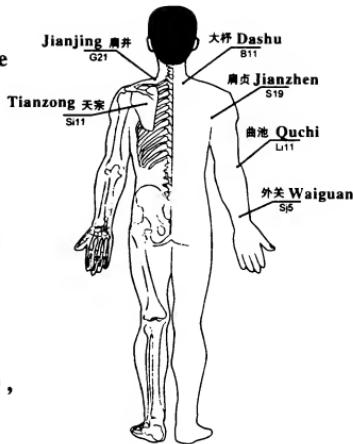
Periarthritis of Shoulder

1. Wind-coldness invading the collateral type

Symptoms: Diffuse pain over the shoulder region, less in daytime and more severe in night, pain increased during lifting or backward rotation of the arm, movement restricted, afraid of cold in the local area and relieved with heat, the tongue and pulse is normal.

Points to be taken:

jianyu (LI15) , jianjing (GB21) ,quchi (LI11) , Waiguan (TE5) .



2. Collateral and muscles mal-nourished type

Symptoms: Shoulder pain lasting for a long time, atrophy of the muscles in shoulder, the arms can be neither lifted to the head nor rotated backward to the back, soreness and weakness, afraid of local coldness and pain relieved with heat.

Points to be taken:

1)jianyu (LI15) , tianzong (SI11) ,dazhu (BL11) , Quchi (LI11) .
2) Jianjing (GB21) , jianzhen(SI9),waiguan(TE5) , binao(LI14).

Mosquito Stings

Points to be taken: Select the size of cup according to the area involved in sting so as to cover the wound entirely within the cup.

急性腰扭伤

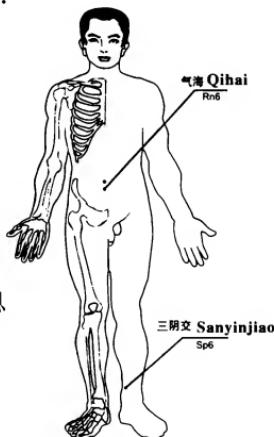
症状: 腰部疼痛，俯仰转侧困难，活动不利，有搬抬重物用力过猛或扭伤不慎史。 取穴：委中、阿是穴。

腰肌劳损

1. 寒湿型

症状: 腰部冷痛重着，活动转侧利，静卧休息后无明显缓解或反而加重，遇阴雨天疼痛发作或加剧。

取穴：肾俞、腰阳关，阿是穴。



2. 痰血型

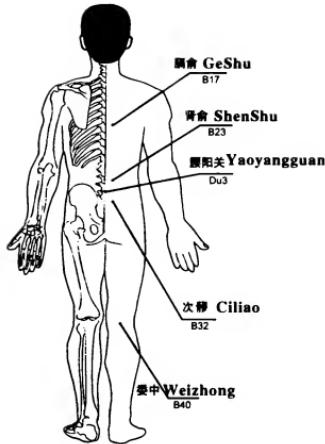
症状：腰痛如刺或如折，痛有定处，痛处拒按，夜晚加重，舌质紫黯或有瘀斑。

取穴：委中、三阴交、次髎、膈俞。

3. 肾虚型

症状：腰部酸软疼痛，绵绵不止，喜按喜揉，腰膝无力，劳累时加重，卧则减轻。

取穴：肾俞、气海、三阴交、阿是穴。



Acute lumbar sprain

Symptoms: Pain in the lumbar region, difficulty on lying supine, prone or turning to the lateral side, movement is not easy, history of violent actions or sprain during lifting heavy things.

Points to be taken: weizhong (BL40), ashi point.

Strain of lumbar muscles

1. Cold-wetness type

Symptoms: In patients with coldness and heaviness in the lumbar region, the movement and rotation to lateral side is restricted, no improvement after lying down and rest, or even aggravated, the painful attack aggravated in the overcast and rainy days. Points to be taken: shenshu (BL23), yaoyangguan (GV3), ashi point.

2. Stagnation of blood type

Symptoms: The lumbar pain is as if to be pricked or broken, pain site fixed and resistant to press, aggravated in night, and the tongue root dark purple or with extravasated spots.

Points to be taken: weizhong (BL40), sanyinjiao (SP6), Ciliao (BL32), geshu (BL17).

3. Kidney deficiency type

Symptoms: Soreness, weakness and pain in the lumbar region, persistent and without an end, preferring to press or massage, weakness of the loin and knees, aggravated on exertion and alleviated on lying down.

Points to be taken: shenshu (BL23), qihai (CV6), sanyinjiao (SP6), Ashi point.

肋间神经痛

1. 肝气郁结型

症状：胸闷不舒，好叹气，食欲不振，苔薄白。

取穴：肝俞、期门、阳陵泉。

2. 瘀血阻络型

症状：胁肋疼痛如刺，痛处固定。持续疼痛，阵发性加剧，入夜尤甚，或外伤引起。

取穴：膈俞、肝俞、三阴交。

坐骨神经痛

1. 寒湿重着型

症状：腰腿疼痛剧烈，屈伸不灵，遇阴雨寒冷气候疼痛尤甚，自觉身体沉重，腰腿部重着强硬，小腿外侧及足背皮肤感觉减弱，喜暖畏寒。

取穴：命门、腰阳关、环跳、肾俞、关元俞。

2. 瘀血阻滞型

症状：腰腿疼痛，病程较长，经久不愈或有腰部外伤史，疼痛如针刺、刀割、转侧不利，入夜疼痛加重，舌质紫黯或有瘀斑。

取穴：肾俞、膈俞、关元俞、委中。

Intercostal Neuralgia

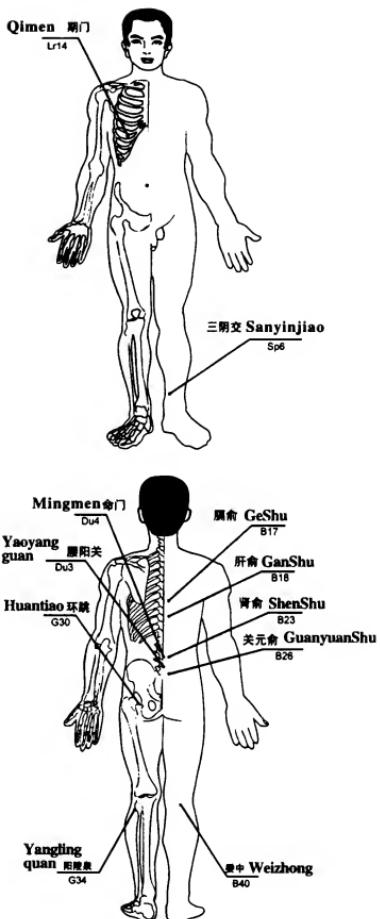
1. Stagnation of liver-energy type

Symptoms: Tightness and discomfort in the chest, often sighing, loss of appetite, fur of tongue is whitish.

Points to be taken: ganshu (BL18), qimen (SP11), Yanglingquan (Sp9).

2. Stagnation of blood impeding collateral type

Symptoms: Pricking pain in the hypochondriac region, pain site fixed, pain persistent and aggravated in paroxysms, worse in the night, or caused by external trauma.



Points to be taken: geshu (BL17) ,ganshu (BL18) ,sanyinjiao (SP6) .

Sciatica

1. Cold-wetness retention type

Symptoms: Intense pain in the lumbar region and legs, difficulty in extension and flexion of lower extremities, aggravated in the cold and overcast and rainy weather, feeling of heaviness on the body, stiffness in the lumbar and leg region, skin sensations decreased over the lateral side of the legs and the dorsum of feet, preferring warm and afraid of cold.

Points to be taken: mingmen (GV4) ,yaoyangguan (GV3) ,huantiao (GB30) ,shenshu (BL23) ,guanyuanshu (BL26) .

2. Stagnation of blood impeding the collaterals type

Symptoms: Pain in the lumbar region and legs, long-lasting and not relieved, or having history of lumbar trauma, pain as if to be pricked or cut by knife, difficulty in turning to the lateral, worse in sleep time, and tongue root dark purple and with extravagated spots.

Points to be taken:

Shenshu (BL23) ,geshu(BL17),guanyuanshu(BL26),weizhong(BL40).

落枕

症状：晨起后，突感一侧颈痛，不能俯仰和左右回顾，活动受限。

取穴：大椎、风池、悬钟、阿是穴。

颈肩纤维组织炎

1. 风寒侵络型

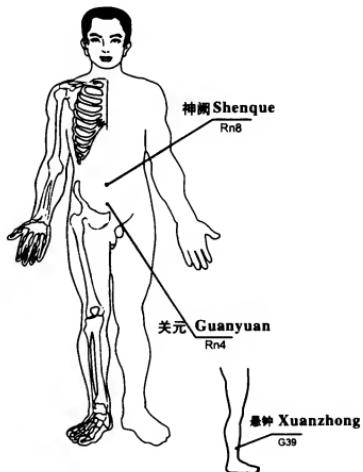
症状：颈肩酸痛连背，活动受限，遇寒加重，得温则舒。

取穴：风池、风门、天宗、肩外俞、阿是穴。

2. 气血瘀滞型

症状：颈项连肩痛如锥刺，僵硬不利，麻木不仁，遇寒或劳累后甚，舌紫黯瘀点。

取穴：大杼、百劳、天宗、膈俞、阿是穴。

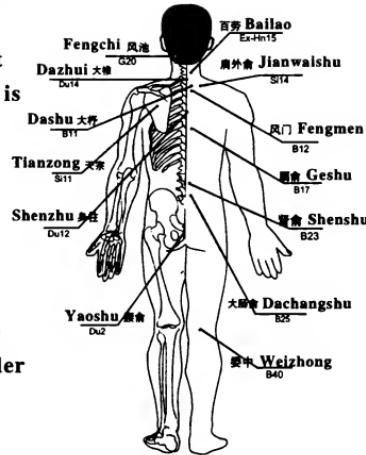


Stiff neck

Symptoms: After awakening in morning, the neck is suddenly stiffened at one side, and cannot be moved up and down, or to the left and to the right and the range of movement is restricted.

Points to be taken:

Dazhui(GV14),fengchi(GB20),
Xuanzhong(GB39),ashi point.



Fibrosis of neck and shoulder

1. Wind-coldness invading collaterals type

Symptoms: Soreness and pain in the shoulder and neck radiating to the back, movement restricted, worse with cold and improved with heat.

Points to be taken:

fengchi(GB20),fengmen(BL12),tianzong(SI11),jianwaishu (SI14) ,ashi point.

2. Stagnation of vital energy and blood type

Symptoms: piercing pain in the neck and shoulder, radiating to the back, difficulty in looking around, paresthesia and numbness, worse after exercise or cold and dark purple petechiate on the tongue.

Points to be taken:

Dazhui (GV14) ,bailau (Extra) ,
Tianzong (SI11) ,geshu (BL17) ,ashi point.

网球肘

1. 寒湿凝滞气血瘀阻型

症状: 肘部疼痛，劳作尤剧，不能旋臂，提物困难。

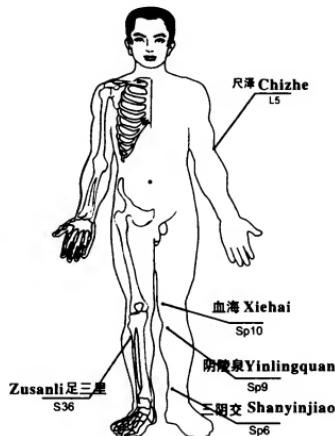
取穴: 曲池、手三里、肘髎、外关、阿是穴。

2. 肝肾不足气血亏损型

症状: 肘部疼痛，入夜尤甚，无力持重，伴头晕目眩，腰酸耳鸣。

取穴:

- ① 肝俞、肾俞、膈俞、三阴交；
- ② 肘髎、曲池、手三里、足三里、阿是穴。



Tennis elbow

1. Stagnation of cold-wetness and stagnation of vital energy and blood type

Symptoms: Pain in the elbow, aggravated with exercise, unable to rotate the forearm and difficult in lifting things.

Points to be taken:

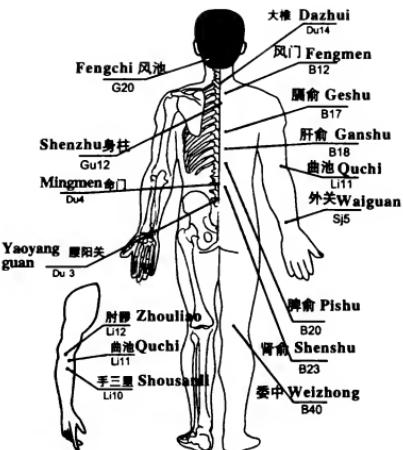
quchi (LI11), shousanli (LI10), zhouliao (LI12), waiguan (TE5), ashi point.

2. Insufficiency of liver and kidney and deficiency of vital energy and blood type

Symptoms: Pain in the elbow, worse in the night, unable to carry heavy weight, accompanied with dizziness and giddiness, soreness of the loin and ringing of ears.

Points to be taken:

- 1) ganshu (BL18), shenshu (BL23), geshu (BL17), sanyinjiao (SP6);
- 2) zhouliao (LI12), quchi (LI11), shousanli (LI10), Zusanzli (SY36), ashi point.



第三章 妇科疾病

痛 经

1. 气滞血瘀型

症状: 经前或经期小腹胀痛或阵发性绞痛, 放射到腰部或骶部, 月经后期, 经血色紫红或紫黑, 有血块, 可伴胸胁乳胀痛, 舌质紫黯或有瘀点, 脉弦细。

取穴: 气海、地机、三阴交。

2. 寒湿凝滞型

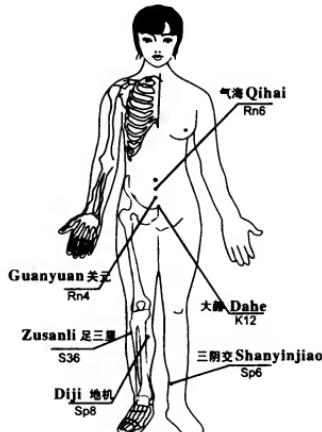
症状: 经前期或经期小腹绞痛, 并有冷感, 得温可稍减, 疼痛拒按, 有时可连及腰脊, 月经延后, 量少行而不畅, 血色紫黑有血块。

取穴:

- ① 关元、三阴交、肾俞;
- ② 大赫、十七椎、次髎。

3. 气血虚弱型

症状: 经期或经净后小腹疼痛, 多隐胃痛, 喜按, 并有空坠不适感, 月经



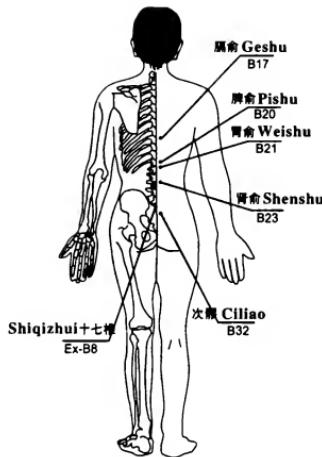
血色淡红，无血块，面色苍白少华或萎黄，头晕眼花，倦怠乏力，心悸失眠。

取穴：气海、足三里、脾俞、胃俞、膈俞。

Chapter 3. Gynecological Diseases Dysmenorrhea

1. Stagnation of vital energy and blood type

Symptoms: Lower abdominal distension and pain before or during menstruation, or paroxysmal cramping pain, radiating to the lumbar or sacral region. In later stage of menstruation, the menstrual blood may be purplish red or purplish black in color, and mixed with blood clots. There may also be swelling and pain in the breasts and chest. The tongue root is dark purple or has petechiae. The pulse is taut and faint. Points to be taken: qihai (CV6), diji (SP8), sanyinjiao (SP6).



2. Stagnation of cold-wetness type

Symptoms: Lower abdominal cramping pain before or during menstruation, feeling cold and alleviated with heat. The patient refuses to press on pain site, which may sometimes radiate to the loin and spine. The menstruation is postponed, scanty in volume, impeded, and colored purplish black with blood clots. Points to be taken: 1) guanyuan(CV4),sanyinjiao(SP6), Shenshu(BL23);

2)dahe(KI11),shiqizhui(Extra),cilioa(BL32).

3. Deficiency and weakness of vital energy and blood type

Symptoms: Lower abdominal pain during or after menstruation, mostly vague pain and preferring to press. Also discomfort as if falling to emptiness. The blood is light red, with no blood clot. The complexion is pale and not bright or sallow, dizziness and blurring of vision, tiredness and fatigue, palpitation and insomnia.

Points to be taken: qihai (CV6),zusanli(ST36),pishu(BL20), Weishu(BL21),geshu(BL17).

带下病

症状：带下量多，色黄、白赤或黄白相兼，或赤黄相兼，质清稀或粘稠，气味腥臭秽，伴腰酸痛，小腹坠痛，下肢酸软或阴户灼热或瘙痒。

取穴：十七椎下、腰眼。

慢性盆腔炎

1. 湿热郁结型

症状：小腹坠胀疼痛，带下量多，黄白相兼，小便黄赤，胸闷烦躁。

取穴：次髎、白环俞、中极、水道、阴陵泉。

2. 寒湿凝滞型

症状：小腹疼痛有冷感，或坠胀不适，得热则舒，带下清稀量多，形寒怕冷，大便稀薄。

取穴：关元、归来、地机、三阴交、中督俞。

3. 瘀血内阻型

症状：小腹疼痛，痛处固定不移，带下黄白或赤白相兼，腰骶部酸痛，经行腹痛，面色晦黯，肌肤欠润。

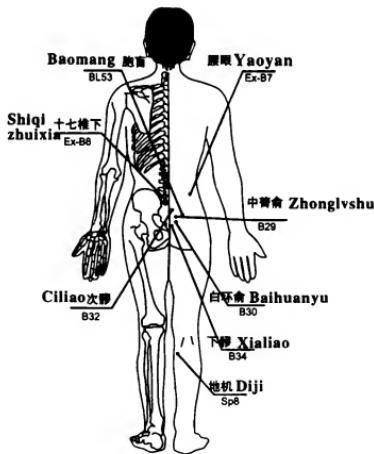
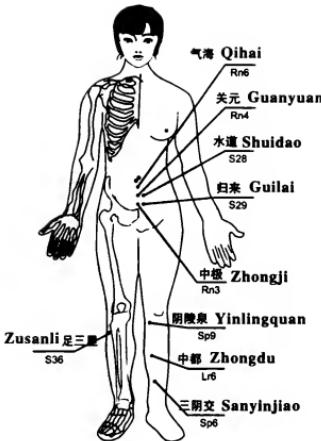
取穴：

- ①中极、次髎、胞肓。
- ②归来、中都、地机。

4. 正虚邪恋型

症状：小腹坠胀，劳累，经期加重，带下清稀，淋漓不断，头晕目眩，心慌气短，四肢无力，食欲不振，面色少华，大便稀薄。

取穴：关元、气海、足三里、三阴交、阴陵泉、下髎。



Leucorrhagia

Symptoms: Profuse leucorrhoea, yellow, whitish red, or both yellow and white, or both red and yellow; thin and clear or thick and sticky in quality; foul and dirty; accompanied with lumbar soreness, dragging pain in lower abdomen, soreness and weakness in lower extremities, or burning pain or pruritus in the vulvar region.

Points to be taken: shiqizhuixia (Extra), yaoyan (Extra).

Chronic Pelvic Inflammatory Diseases

1. Stagnation of wetness-heat type

Symptoms: Dragging distension and pain in the lower abdomen; profuse leucorrhea, yellow and white combined; urine yellowish red in color; tightness of chest and restlessness.

Points to be taken: ciliao (BL32), baihuanshu (BL30), zhongji (CV3), Shuidao (ST28), yinlingquan (SP9).

2. Stagnation of cold-wetness type

Symptoms: Pain and cold sensation or dragging distension and discomfort in the lower abdomen, relieved with heat; leucorrhea clear, thin and profuse; physique cold and afraid of coldness; stool loose.

Points to be taken: guanyuan (CV4), guilai (ST29), diji (SP8), Sanyinjiao (SP6), dazhui (GV14), zhonglvshu (BL29).

3. Internal obstruction of stagnated blood type

Symptoms: Pain in the lower abdomen and pain site fixed; leucorrhea yellow and white combined, or red and white combined; soreness of the lumbar and sacral regions; abdominal pain during menstruation; complexion dark; muscles and skin not very sleek.

Points to be taken:

1) zhongji (CV3), ciliao (BL32), baomang (BL53);

2) guilai (ST29), zhongdu (LR5), diji (SP8).

4. Vital energy deficiency with hyperactive evil type

Symptoms: Dragging distension over the lower abdomen, tiredness, aggravated during menstruation; leucorrhea clear and loose, dribbling continuously; dizziness and giddiness; palpitation and shortness of breath, in extremities; loss of appetite; complexion not bright; stool loose.

Points to be taken: guanyuan (CV4), qihai (CV6), zusanli (ST36), Sanyinjiao (SP6), yinlingquan (SP9), xialiao (BL34).

产后少乳

1. 气血虚弱型

症状: 产后乳少,甚至全无,乳汁清稀,乳房柔软无胀感,面色苍白,唇爪无华,神疲乏力,食欲不振,大便稀薄。

取穴:

①膻中、乳根、足三里。②脾俞、胃俞。

2. 肝郁气滞型

症状：产后乳汁不行或乳少，乳房胀满或疼痛，情绪抑郁不乐，胸胁胀闷，饮食减少。

取穴：

- ①膻中、乳根、期门
- ②肝俞、膈俞、内关。

更年期综合症

1. 肾阴亏损型

症状：头晕耳鸣，心悸不安，心烦失眠，手足心热，口干津少。

取穴：肾俞、肝俞、心俞、三阴交。

2. 脾肾不足型

症状：腰部冷痛，四肢不温，头晕目眩，乏力倦怠或形体肥胖，胸脘满闷，食欲不振，大便稀薄。

取穴：肾俞、脾俞、气海俞、足三里。

Lack of lactation after childbirth

1. Asthenia of vital energy and blood type

Symptoms: Lack or even nil lactation after childbirth, milk clear and thin; breast soft and no sensation of distension; complexion pale; no brightness over lips and nails; mentally and physically tired; loss of appetite; loose stool.

Points to be taken:

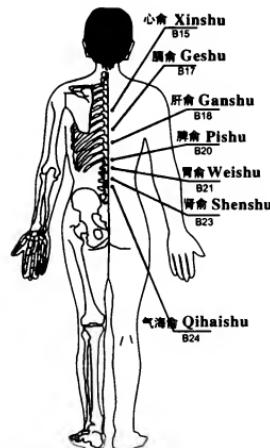
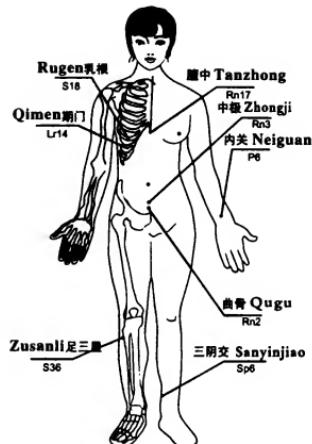
- 1)Tanzhong(CV17),rugen(ST18)zusanli(ST36);
2)pishu(BL20),weishu(BL21).

2. Stagnation of liver vital energy type

Symptoms: No or scanty lactation after childbirth; the breast is distended or painful; mood depressed and unhappy; distension and fullness in the chest and hypochondrium; food taken decreased.

Points to be taken:

- 1)Tanzhong(CV17),rugen(ST18),qimen(Lr14);
2)ganshu(BL18),geshu(BL17),neiguan(PC6).



Climacteric syndrome

1. Deficiency of kidney yin syndrome type

Symptoms: Dizziness and ringing of ear, palpitation and restlessness, worries and insomnia, heat in palms and soles, mouth dry and somewhat dehydrated.

Points to be taken: shenshu (BL23), ganshu (BL18),

Xinshu (BL15), sanyinjiao (SP6).

2. Insufficiency of spleen and kidney functions type

Symptoms: Coldness and pain in lumbar region, extremities not warm, dizziness and giddiness, tiredness and fatigue, physique obese, fullness and tightness over the chest and epigastrium, loss of appetite, stool loose and thin.

Points to be taken: shenshu (BL23), pishu (BL20), qihai (BL24),

Zusanli (SY36).

第四章 五官科疾病

急性扁桃体炎

1、风热外袭型

症状: 恶寒发热, 头痛口渴, 咽喉肿痛, 吞咽不利, 扁桃体肿大, 色红无明显脓点。

取穴: 风池、外关、尺泽。

2、热毒内盛型

症状: 高热烦渴, 咽喉疼痛, 连及耳痛, 吞咽不利, 甚至困难, 扁桃体肿胀明显或有黄白脓点, 口气秽浊, 大便秘结。

取穴: 大椎、曲池、肺俞、支沟。

牙 痛

1、风热型

症状: 牙痛剧烈, 发作突然, 牙龈肿胀, 遇热加重, 或兼腮颊肿胀, 口渴舌红。

取穴: 风池、大椎。

2、胃火型

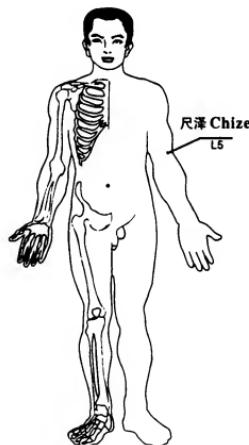
症状: 牙痛剧烈, 牙龈红肿, 颊腮肿热, 咀嚼困难, 口渴口臭, 大便秘结, 小便黄赤。

取穴: 颊车、下关, 支沟、承山、胃俞。

3、肾虚型

症状: 牙齿隐痛, 时作时止, 日久不愈, 牙龈萎缩, 甚则牙浮齿动, 伴腰膝酸软。

取穴: 肾俞、志室、颊车、下关。



Chapter 4. Diseases of eye, ear, nose and throat

Acute tonsillitis

1. Wind-heat invasion from the exterior type

Symptoms: Chills and fever, headache and thirsty, swelling and pain in the throat, difficulty in swallowing, swollen tonsils, red in color, and no obvious pus spots.

Points to be taken:

fengchi (GB20), waiguan (TE5), chize (LU5).

2. Hyperactive heat toxicity in the interior type

Symptoms: High fever and thirst, pain in the throat and involving the ear, swallowing not smooth or even difficult, tonsils markedly swollen or covered with yellowish white pus spots, dirty and foul smell from mouth, and constipation.

Points to be taken:

dazhui (GV14), quchi (LI11), feishu (BL13), Zhigou (Te6).

Toothache

1. Wind-heat type

Symptoms: Intense toothache of sudden onset, swelling of the gums, aggravated with heat, or combined with swelling of cheeks, thirsty and tongue red in color.

Points to be taken: fengchi (GB20), dazhui (GV14).

2. Fire in stomach type

Symptoms: Intense toothache, redness and swelling of the gums, swelling and hotness over cheeks, difficulty in chewing, thirst and fetid smell, constipation and yellowish red urine.

Points to be taken:

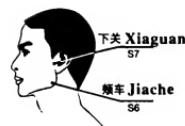
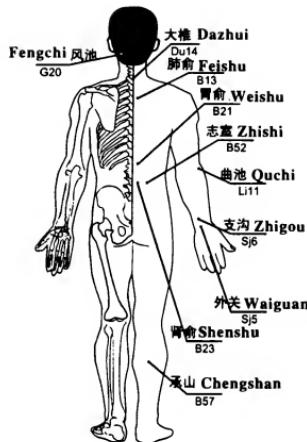
jiache (ST6), xiaguan (ST7), zhigou (TE6), Chengshan (UB57), weishu (BL21).

3. Insufficiency of stomach functions type

Symptoms: Vague pain in the teeth, sometimes on and sometimes off, protracted without cure, atrophy of gums, and even floating and movement of teeth, accompanied with soreness and weakness of the loin and knees.

Points to be taken:

shenshu (BL23), zhishi (BL52), jiache (ST6), Xiaguan (ST7).



慢性鼻炎

1. 肺虚邪滞型

症状：鼻塞交替性，时轻时重流稀涕，遇寒加重，鼻粘膜及鼻甲肿胀，可伴咳嗽、痰稀、气短。

取穴：肺俞、风门、身柱、足三里。

2. 邪留血瘀型

症状：持续鼻塞，流涕粘脓，嗅觉不敏，声音不畅，鼻甲肥大色暗红，头痛。

取穴：太阳、肺俞、大椎。

Chronic rhinitis

1. Insufficiency of lung function and stagnation of evil type

Symptoms: Alternate stuffiness of nostrils, sometimes severe and sometimes mild, nasal discharge thin, worse in coldness, swelling of nasal mucosa and turbinates, sometimes accompanied with cough, thin sputum and shortness of breath.

Points to be taken:

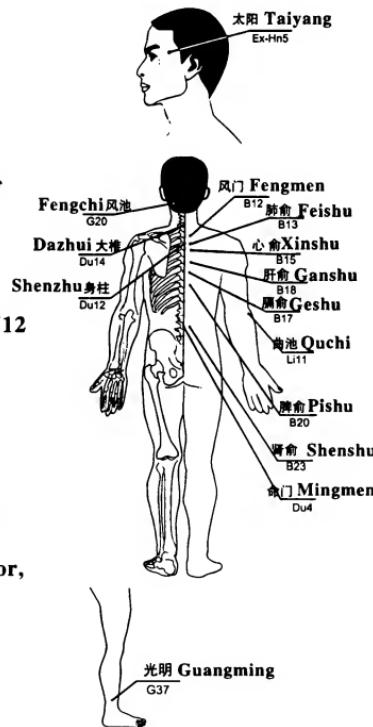
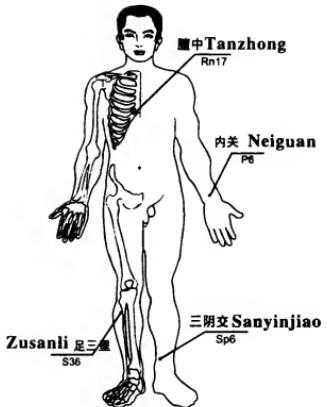
feishu (BL13) fengmen (BL12), shenzhu (GV12),
Zusanli (ST36).

2. Retention of evil and stagnation of blood type

Symptoms: Persistent stuffiness of nostrils, nasal discharge thick and purulent, smelling not sensitive, the voice not smooth, the turbinate hypertrophied and dark red in color, headache.

Points to be taken:

Taiyang (EX-HN5), feishu (BL13), dazhui (GV14).



第五章 皮肤科疾病

荨麻疹

1. 风寒束表型

症状：疹块瘙痒微红或苍白色，大小不等或融合成片，以露部位如头面手足为重，吹风受凉加重。

取穴：大椎、风池、风门、曲池、血海。

2. 风热客表型

症状：突发风团色红，灼热剧痒，口渴心烦，遇热加重，常伴咽喉肿痛，发热恶寒或兼腹痛腹泻。

取穴：风门、风池、曲池、膈俞、血海。

3. 脾胃湿热型

症状：突发急骤，皮疹色红成片，腕腹痛，恶心呕吐或肠鸣，小便短赤。

取穴：曲池、内关、天枢、足三里、三阴交。

4. 气血两虚型

症状：荨麻疹反复发作，疹块色淡，缠绵不愈，劳累加重，伴面色少华，神疲乏力，心悸失眠，食欲不振。

取穴：

- ①风门、膈俞、脾俞
- ②气海、血海、足三里。

神经性皮炎

1. 风热血瘀型

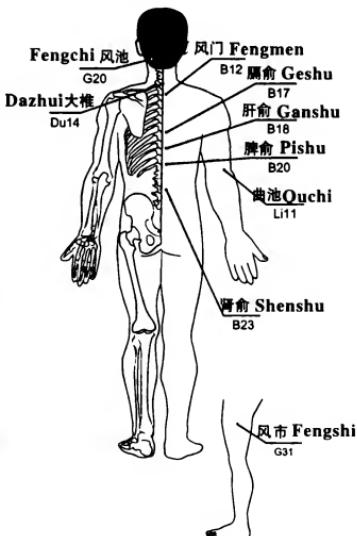
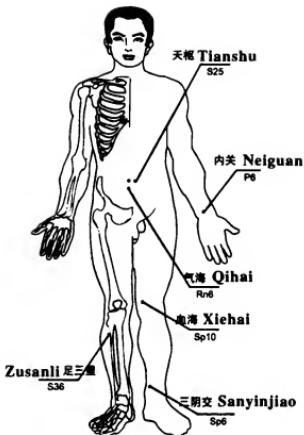
症状：皮损成片，粗糙肥厚或伴有红斑，瘙痒阵作。

取穴：风池、曲池、风市、血海。

2. 血虚风燥型

症状：皮损色淡或灰白，肥厚粗糙，瘙痒脱屑，状如牛项之皮，伴心悸失眠，神疲乏力，多见于年老体弱者。

取穴：膈俞、脾俞、肾俞、风池、曲池、三阴交。



Chapter 5. Dermatological Diseases

Urticaria

1. Wind-coldness binding the superficies type

Symptoms: Itchy and slightly red or pale mass eruptions, irregular in size and may conglomerate into patches, more severe in the exposed areas, such as head and face, hands and feet, aggravated with coldness due to blowing wind.

Points to be taken: **dazhui (GV14)** ,**fengchi (GB20)** ,**fengmen (UB12)** ,
Quchi (LI11) ,**geshu (BL17)** ,**xiehai (SP10)** .

2. Wind-heat invading the superficies type

Symptoms: Sudden onset of red masses, burning and intensely itchy, thirsty and worries, aggravated with heat, often accompanied with swelling and pain of the throat, fever and chilliness, or combined with abdominal pain and diarrhea.

Points to be taken:

Fengmen (UB12) ,**fengchi (GB20)** ,**quchi (LI11)** ,
Geshu (BL17) ,**xiehai (SP10)** .

3. Wetness heat of spleen and stomach type

Symptoms: Sudden onset, skin eruptions red and in patches, pain in abdomen and epigastrum, nausea and vomiting or borborygmus and diarrhea, urine red and short in duration.

Points to be taken:

Quchi (LI11) ,**neiguan (PC6)** ,**tianshu (ST25)** ,
Zusanli (ST36) ,**sanyinjiao (SP6)** .

4. Deficiency of both vital energy and blood type

Symptoms: Recurrent attacks of urticaria, the color of the masses are pale, and protracted without cure, and worse when tired, accompanied with less brightness in complexion, mental and physical tiredness, palpitation and insomnia, loss of appetite.

Points to be taken:

1)**fengmen (UB12)**,**geshu (BL17)**,**pishu (BL20)**;
2)**qihai (CV6)**,**xiehai (SP10)**,**zusanli (ST36)**.

Neurodermatitis

1. Wind-heat plus stagnation type

Symptoms: Skin lesions in patches, coarse and hypertrophied, or accompanied with erythema, itchiness in paroxysms.

Points to be taken:

Fengchi (GB20) ,**quchi (LI11)** ,**fengshi (GB31)** ,**Xiehai (SP10)** .

2. Blood deficiency and wind dryness type

Symptoms: Skin lesions pale or grayish white in color, hypertrophied and coarse, itchiness and desquamation, just like the skin over nape of ox, accompanied with palpitation and insomnia, tiredness and fatigue, mostly seen in the elderly and invalids.

Points to be taken:

Geshu (BL17) , **pishu (BL20)** ,**shenshu (BL23)** ,
Fengchi (GB20) , **quchi (LI11)** ,**sanyinjiao (SP6)** .

第六章 儿科疾病

消化不良

1. 伤食型

症状：腹胀腹痛，泻前哭闹，泻后痛减，大便腐臭矢气较多，口臭，食欲不振，常伴呕吐。

取穴：中脘、天枢、足三里、内关。

2. 风寒型

症状：便稀多沫，色淡臭气轻，肠鸣腹痛，或伴发热、臭塞，流清涕、舌苔白润。

取穴：大椎、天枢、内关、上巨虚、三阴交。

3. 湿热型

症状：大便如水样，夹杂不消化乳食，色绿或黄，可有少量粘液，每日10余次，肛门灼热发红，小便黄少，可伴有发热。

取穴：天枢、足三里、曲池、阴陵泉。

4. 脾虚型

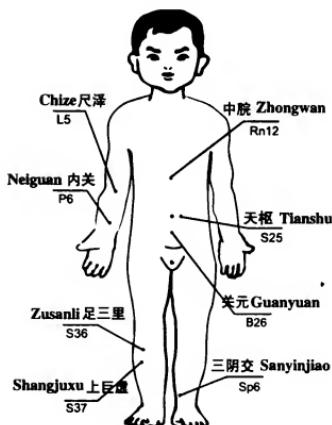
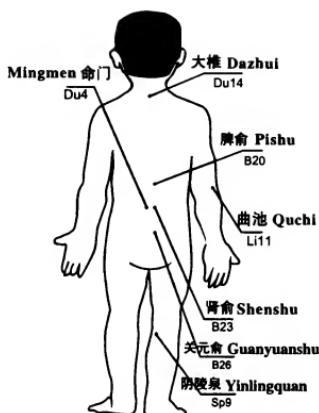
症状：时泻时止或久泻不愈，便稀或水谷不化，带有白色奶块或食物残渣，进食后腹泻，面色苍白，睡时露睛。

取穴：中脘、足三里、脾俞、关元俞。

5. 脾肾阳虚型

症状：久泻不止，甚或脱肛，食入即泻，大便为不消化食物，四肢不温，形体瘦削，精神萎顿，睡时露睛。

取穴：肾俞、脾俞、命门、上巨虚。



Chapter 6 Pediatric diseases

Dyspepsia

1. Indigestion type

Symptoms: Abdominal distension and abdominal pain, crying before defecation and pain alleviated after defecation. The stool is putrid and foul, with many gases, halitosis, loss of appetite, often accompanied with vomiting.

Points to be taken:

Zhongwan (CV12), tianshu (ST25), zusanli (ST36),
Neiguan (PC6).

2. Wind-coldness type

Symptoms: Stool loose and foamy, color plain and less foul, borborygmus and abdominal pain, or accompanied with fever, nasal stuffiness and clear nasal discharge, white and smooth fur over tongue.

Points to be taken:

Dazhui (GV14), tianshu (ST25), neiguan (PC6),
Shangjuxu (ST37), sanyinjiao (SP6).

3. Wetness-heat type

Symptoms: Stool watery, mixed with undigested milk food, color green or yellow, may have some mucus, more than 10 times a day, burning heat and redness over the anus, urine yellow and scanty, may be accompanied with fever.

Points to be taken:

Tianshu (ST25), zusanli (ST36), quchi (LI10),
Yinlingquan (SP9).

4. Deficiency of spleen type

Symptoms: Sometimes diarrhea and sometimes no diarrhea, or protracted without cure, stool loose or containing indigested food, with white milk clots or food residues, diarrhea after food, complexion pale, eyeball exposed during sleep

Points to be taken:

Zhongwan (CV12), zusanli (ST36), pishu (BL20),
Guanyuanshu (BL26).

5. Yang deficiency of spleen and kidney type

Symptoms: Protracted diarrhea without cure, even with prolapse of rectum, defecation after taking food, stool containing indigested food, extremities not warm, physique emaciated, listlessness, eyeball exposed during sleep.

Points to be taken:

Shenshu (NL23), pishu (BL20), mingmen (GV4),
Shangjuxu (ST37).

小儿腹泻

症状：大便水样，或鸡蛋花汤样或稀糊状，色黄或黄绿，有少量粘液，伴有恶心、呕吐、发热、腹痛、口渴。

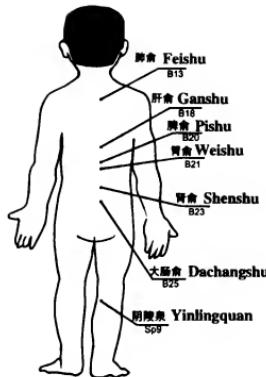
取穴：胃俞、肾俞、大肠俞、中脘、天枢、神阙、关元、大横、足三里。

遗尿症

1. 下元虚寒型

症状：睡中遗尿、醒后方觉，一夜可数次，精神疲乏，面色苍白或四肢不温，腰膝冷痛，白天小便频数清长。

取穴：关元、中极、肾俞、三阴交。



2. 脾肺气虚型

症状：睡中遗尿，疲劳后遗尿加重，面白气短，四肢乏力，食欲不振，大便稀薄。取穴：肺俞、脾俞、气海、足三里。

3. 肝经湿热型

症状：睡中遗尿，小便黄臊，性情急躁或夜间咬牙，面赤唇红。

取穴：中极、三阴交、肝俞、阴陵泉。

Infantile diarrhea

Symptoms: Stool watery, like boiled egg soup or thin pasty, colored yellow or greenish yellow, having scanty mucus, accompanied with nausea, vomiting, fever, abdominal pain and thirsty.

Points to be taken:

Weishu (BL21), shenshu (BL23), dachangshu (BL25),
Zhongwan (CV12), tianshu (ST25), shenque (CV8),
Guanyuan (CV4), daheng (SP15), zusanli (ST36).

Enuresis

1. Deficiency and coldness in lower yuan type

Symptoms: Urination during sleep, and found after awakening, maybe several times a night, the mentally tired, complexion pale, or the extremities not warm,

**coldness and pain over the loin and knees,
frequent urination, urine clear and long in
daytime.**

Points to be taken:

**guanyuan (CV4) ,zhongji (CV3) ,
shenshu (BL23) ,Sanyinjiao (SP6) .**

2. Deficiency of spleen and lung vital energy type

**Symptoms: Urination during sleep, aggravated
when tired, complexion white and shortness of
breath, weakness of extremities, loss of
appetite, stool thin and loose.**

Points to be taken:

**Feishu (BL13) ,pishu (BL20) ,
Qihai (BL24) ,Zusanli (St36) .**

3. Wetness-heat in liver channel type

**Symptoms: Urination during sleep, urine
yellowish and bad in smell, temperament
rather bad, grinding teeth in
night, face and lips red.**

Points to be taken:

**Zhongji (CV3) ,sanyinjiao (SP6) ,
Ganshu (BL18) ,Yinlingquan (SP9) .**

